



From the Desk of Advisor - Dr K R Maalathi

I have always dreamt of an education system where the child is allowed to develop at his or her own pace surrounded by caring adults and a positive support system. This is a reality in Vikas Mantra Public School. Every child is treated as a unique individual and is encouraged to express and share freely his or her thoughts and ideas. I am happy to note that the school is coming out with their first edition of this year's newsletter where every child has been given ample opportunity to explore their creative writing talents and present them in style but it will also benefit the readers whom it will inform, inspire and benefit.

Resilience, hope and compassion is the need of the hour. My sincere advice to everyone through this newsletter is to make the best of the pandemic situation which requires optimism, hope and humanity.



From the Desk of Principal - Ms Priyanka Ghosh J

Today, the role of a school is not only to pursue academic excellence but also to motivate and empower its students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. The Trimonthly newsletter of our school is one such initiative meant to reflect the mind of individuals. The school plans to bring out a newsletter every three months in one academic year. Volume 1 issue has all the important events held up to July 2021. It gives me immense pleasure to note that the response to this newsletter has been overwhelming. The wide spectrum of articles in different sections gives me a sense of pride that our students and teachers possess creative potential and original thinking in ample measures. Each article is entertaining, interesting and absorbing. Commendable job has also been done by the Editorial Team in planning for and producing the Newsletter. With the paradigm shift in education, let's take the arc of history in our hands and build a better and safer tomorrow in imaginative and innovative ways.

From the Editorial Team

Our School Newsletter is a collection of exceptional thoughts of students, teachers and parents. We are in immense pleasure to release the first trimonthly newsletter of the academic year 2021-2022. This unexpected situation gives us a chance to teach our children to live life as it comes and to make the best in such situations.

The school has been making opportunities in every possible way to accommodate the enthusiastic participation of the students. The newsletter is one such opportunity to share the thoughts. The school also believes that the students learn better when they learn by doing, thereby creating efficient and thoughtful personalities in a playful soul.

We thank the Almighty for giving us all the strength to successfully publish the first newsletter for the year.

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Principal

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Student Editorial Board

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Grade VIII

Ashita Singh
Grade IX



Student Council - 2021 to 22

When we have a vision for a better nation with so much more development than now, then it's time to train the young generation for the leadership and make it as a mission. Our school has taken up the mission earnestly to train the students' community.

Leadership is all about action and not position. We are here with our actions speaking more than the position which we hope will inspire many of us. We thank our school and the management for having a student council which is an act of empowering young generation and we are fortunate for it.

Events And Celebrations

World Environment Day

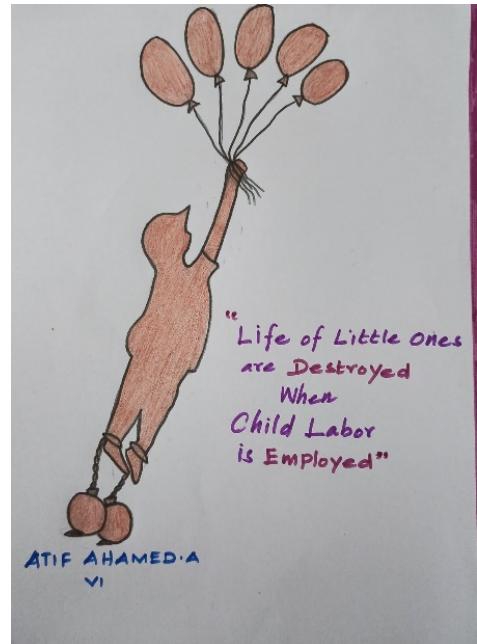
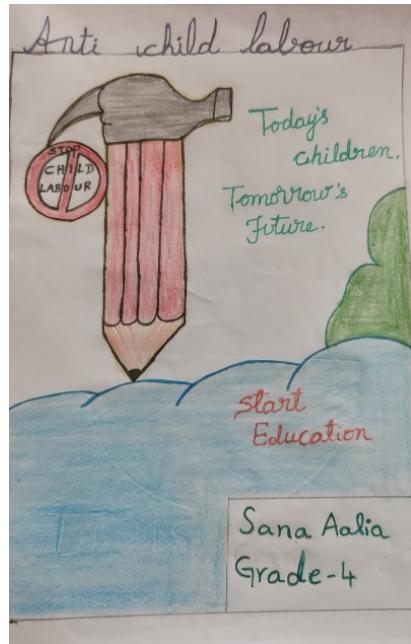
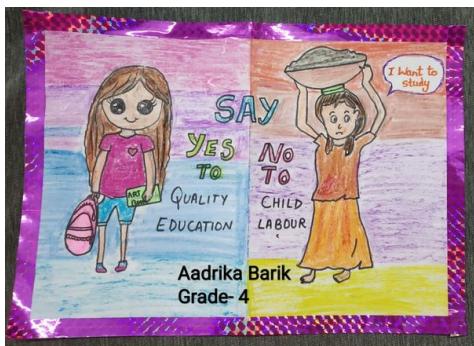
- World Environment Day was observed on June 5, 2021. Due to increasing pollution levels and various other man made errors, it is really important to observe World Environment Day in a school. It can make significant changes in the minds of the students about the pollution and the contribution of human beings in it.
- The school wholly believes that there is a pivotal role rested on the future generation to control pollution and preserve the environment. Hence to impart the value of preserving the environment for a better future, our students did various activities based on this year's environment day theme 'Ecosystem Restoration'.



Anti - Child Labour Day

This day mainly focus on the children development and it protects the right of education and dignified life for the children. Therefore, it is important to achieve the Sustainable development Goals (SDGs) by 2030 as propagated by the UN. Several organisations, ILO etc. are making efforts to curb the child labour. But we should also be responsible and take our duties to help in eliminating child labour. It is correctly said that the child that comes out of child labour comes to know his or her potential and self-worth. They began to enjoy life, human rights and live a dignified life. No doubt such children will also contribute to the economic and social growth of the country and also of the world. Children are the future of the country, isn't it!

The theme of this year's World Day against Child Labour is: "Act now: end child labour." This theme has been included because COVID-19 pandemic has pushed millions towards poverty and child labour is directly linked to it.



Colour Day Celebration

Teaching children about colors and shapes is a great way to give them some vocabulary for describing the world around them. ... Sorting and classifying: As children learn to identify colors and shapes, they can sort and classify objects in around them based on these attributes.

Red Day (June 18)



Blue Day (July 7)



Father's Day (June 19)

Emotional development refers to the ability to recognize, express, and manage feelings at different stages of life and to have empathy for the feelings of others. The development of these emotions, which include both positive and negative emotions, is largely affected by relationships with parents, siblings, and peers to develop the bond, Father's day was celebrated on June 19.



International Yoga Day

The International Yoga Day is celebrated annually on June 21. This is celebrated from 2015 after the UN declaration happened on 11 December 2014. Yoga is a physical, mental and spiritual practice for wellness.

Yoga has a great value and helps a lot to maintain both the physical and mental wellness improving strength, flexibility, balance, stress management, disease free lifestyle, etc.,

Our school observed International Yoga Day on June 21, 2021 where parents actively took part alongside the teachers in the online platform. Activities like quiz, yoga demonstration, a talk by the student counsellor on the mental health were a part of the program. Sessions were also conducted for the students separately.





Concept Day - Sense Booth Day (June 28)



Concept Day - Fancy Dress (July 5 And 6)



National Doctors' Day

National Doctors' Day was observed on July 01, 2021.

The act of being ever grateful for the healthcare workers and especially doctors in this critical situation is very necessary. The doctors being the frontline workers in a situation like this serve humanity and work so hard to keep us all alive. The gratefulness of our students towards doctors for serving humanity was given on National Doctors' day by their cards.



**VIKAS
MANTRA
PUBLIC SCHOOL**
CBSE AFFILIATION NO: 1931307

Thank you Doctors

A collage of various hand-drawn cards and crafts made by students to thank doctors. The designs include heart shapes, stethoscopes, doctor coats, and messages of gratitude.

Vikas Mantra Public School



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PUBLIC SCHOOL**
CBSE AFFILIATION NO: 1931307

National Doctors day

A collage of various hand-drawn cards and crafts made by students to celebrate National Doctors Day. The designs include heart shapes, stethoscopes, doctor coats, and messages of gratitude.

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This School's Got Talent

This School's Got Talent was a two days online talent hunt program held on 12th and 13th July, 2021. This program was organized to nurture the talents of the students. Many events both online and offline were conducted. The school believes that such talent hunt programs can develop the personality of the students and help them in shaping a good career.

The talent hunt program had so many events like dance, music, art, fashion show, storytelling, standup comedy, unique talent. Students actively took part in the events and showcased their talents. Surely "This School's Got Talent" is a pride of our school, as students showed their overflowing talent that out poured on those two days.





Dr. A.P.J. Abdul Kalam Memorial Day

Dr. A.P.J. Abdul Kalam Memorial Day was observed on 27th July 2021.

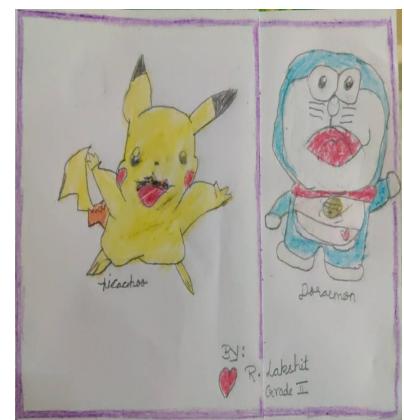
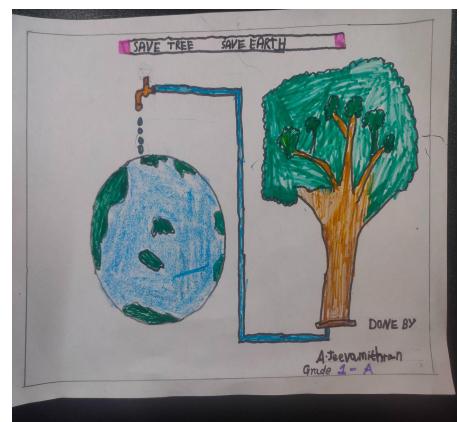
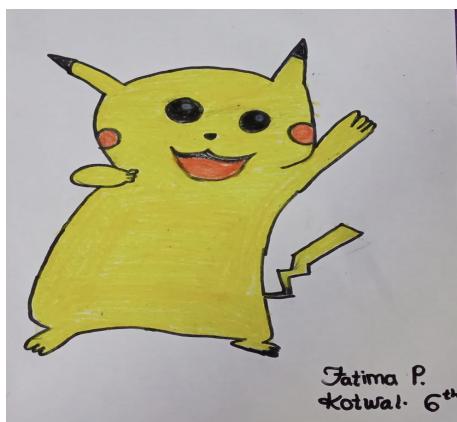
"All of us do not have equal talents but all of us have equal opportunity to develop our talents." Said Dr. A.P.J. Abdul Kalam and the school always takes it as a responsibility to make opportunities to showcase the students' talents. Students from Grade 1 to 9 participated in various events like drawing, rocket making, speech and projects that are aimed to impart knowledge on Science & Technology.





Art and craft

"Art is the only way to run away without leaving home" and this line exactly reflects the current situation. When a person runs out of thoughts then art comes in rescue that too in a situation like this. The students' art works are just eye catching and something that shouldn't be missed in a newsletter.





Student Corner

Mystery Monster

Once upon a time, there was a beautiful village. All the people were living happily. Suddenly people started to die one by one in a mysterious way. An old wise man in the village said, "There is a new Mystery Monster in our village, and he is attacking and killing us one by one. We need to find a way to get rid of him quickly." All the villagers started to think on how to kill this Mystery Monster.

Can we poison him? Can we shoot him with a gun? Can we put a bomb on him? Asked the villagers one by one. "No", that's not possible. This monster is invisible to our eyes. So, we cannot attack him directly, said the old wise man. The villagers panicked. They went to see God to get his help.

"God! God! Please help us," cried the villagers. There is an invisible Mystery Monster in our village, and he is killing us one by one. We don't know how to get rid of him. Please save us, said the villagers.

God said, "No worries. Every monster has a weak point. This Mystery Monster also has a weak point.

He cannot go and attack people by himself. He will attack only those people who go near him. If you all stay away from him, he will die by himself without food. So, you all strictly stay inside home for some days and wear face mask if you must

Go out. Also, I will give you each a miracle fruit. If you all eat that fruit, even if that mystery monster attacks you, he cannot kill you."

All the villagers got happy and said thanks to God. Everyone ate that miracle fruit given by God and strictly stayed inside their home for some days. The Mystery Monster died without the food. The villagers lived happily ever after.

In this story, the Mystery Monster is the Coronavirus Covid19, God is our Community Helpers, and the Miracle fruit is the Corona Vaccine.

The moral of the story is "If we all take our Corona Vaccine and stay inside home for some days, this coronavirus will die by itself."

TAKE YOUR VACCINE.
STAY HOME. STAY SAFE.

Thank you.
By,
Ilakiya Suchindran
Grade I A



Letter to our Teachers

To every teacher around the world, we have two words for you, "Thank you!"

You're the first teachers to tackle a challenge which this world has never experienced before. You are making history. Thanks for your time. Thanks for all your hard work. Thanks for your patience in handling us.

We know, some days we give you a hard time, testing your patience, to handle all of us remotely. We can sense your state of frustration and exhaustion. Sorry! Really, we didn't mean to do that to you. Some days we are sleepy, sometimes we are hungry and sometimes we are very playful and naughty. But we are waiting to see you every day. We wanted to show you our drawings, tell our stories, and share our thoughts and feelings. You mean a lot to us. You are one of very few faces we are seeing during this pandemic.

We wanted to tell you that we miss you. We know you miss us too. We know how much we mean to you, how we become "your kids" year after year – how much you love seeing us learning something new. Don't worry ma'am. We are still learning something new from you every day.

Thank you, not just for today but also for shaping our future. Take care. Love you all.

By
Oviya Suchindran
Grade II B



Aging starts from the feet upwards!

KEEP YOUR LEGS STRONG!!

- When we are old, our feet must always remain strong.
- When we age / grow aged, we should not be afraid of our hair turning grey (or) skin sagging (or) wrinkles.
- Among the signs of longevity, as summarized by the US Magazine "Prevention", strong leg muscles are listed on the top, as the most important and essential one.
- If you do not move your legs for two weeks, your leg strength will decrease by 10 years.
- A study from the University of Copenhagen in Denmark found that both old and young, during the two weeks of inactivity, the legs muscle strength can weaken by a third which is equivalent to 20-30 years of ageing.
- As our leg muscles weaken, it will take a long time to recover, even if we do rehabilitation and exercises later.

- Therefore, regular exercise like walking is very important. The whole body weight/load remains and rests on the legs.
- The foot is a kind of pillar, bearing the weight of the human body.
- The largest and strongest joints and bones of the human body are also in the legs.
- "Strong bones, strong muscles, and flexible joints form the "Iron Triangle" that carries the most important load on the human body."
- 70% of human activity and burning of energy in one's life is done by the two feet.
- Do you know this? When a person is young, his thighs have enough strength to lift a small car!
- The foot is the center of body locomotion.
- Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood flowing through them.
- It is the large circulatory network that connects the body.
- Interestingly, 50% of a person's bones and 50% of the muscles are in the two legs.
- Only when the feet are healthy then the conventional current of blood flows smoothly, so people who have strong leg muscles will definitely have a strong heart.
- Aging starts from the feet upwards.
- As a person gets older, the accuracy and speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.
- In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.
- Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis.
- Do you know that 15% of elderly patients will die within a year of a thigh-bone fracture.
- Exercising the legs is never too late, even after the age of 60 years.
- Although our feet/legs will gradually age with time, exercising our feet/legs is a life-long task.
- Only by strengthening the legs, one can prevent further aging.
- Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

By,
ASHITA SINGH
GRADE IX





FOR A SPECIAL TEACHER

A teacher should have
A special place
In every child's heart
Because they gave us life
They help them get their start
I just want to thank you teacher
For all the things you've done
You're a very special teacher
And to me you are number one!!
Thank you for helping me to grow.

By
N. ABDUL AJEES
GRADE VI



SCHOOL DAYS

The Pleasant days of my life

Every day I wake up with the Sun
I go to school and have fun.
My school is my second home
Where I enjoy more than my home.

Every day my teachers teach me something different
Which makes me more intelligent.
Every day in school I played with my friends
I pray to God that it never ends.

I see raindrops falling through the window.
I see my friends with umbrella like a Rainbow.
Waiting to go home
From my second home.

Dear God, please shower us with your blessing.
So that we can start our Schooling.
Give us the opportunity to meet our Teachers
Who are going to light up our futures

Waiting for those days.
To meet my teachers.
To play with my friends.
And run all the way from my school to home.

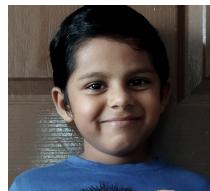
By,
HARSHITH M
Grade I B



Why God Made Teachers

When God created teachers,
He gave us special friends
To help us understand His world
And truly comprehend
The beauty and the wonder
Of everything we see,
And become a better person
With each discovery
When God created teachers,
He gave us special guides
To show us ways in which to grow
So we can all decide
How to live and how to do
What's right instead of wrong,
To lead us so that we can lead
And learn how to be strong
Why God created teachers,
In His wisdom and His grace,
Was to help us learn to make our world
A better, wiser place

By,
D.P.Skandha
Grade-II B



கவிதை - மழை

சாரல் மழையில் நனைந்த காற்று
தென்றலாய் சில்லிடுகிறது!
மழைநீர் கொட்டும் சத்தம் எங்கும்
இசையாய் ஒலிக்கிறது!
மலர்கள் எல்லாம் நீரில் திளைத்து
மணமாய் புன்னகைக்கிறது!
மானிடர் மனமும் மழையில் நனையவே
மன்றாடிக் கெஞ்சிகிறது!
மலைகள், காடுகள் கடந்து பயனிக்கும்
இம்மழை நீர்த்துளிகள்
கேவனின் தீர்த்தமாகவே தித்திக்கின்றன!

ந. ஹாசினி
எட்டாம் வகுப்பு



உயிர்களை நேசி

உலகில் வாழும் உயிர்கள் அனைவரும் சமம். வாழும் உலகம் அனைவருக்கும் பொதுவானது. இங்கு நாம் காணும் மக்களில் சிலர் உடல் ஊனமுற்றவர்களாக இருக்கின்றனர். அத்தகைய மாற்றுத்திறனாளிகளை நாம் கருணையோடு பார்க்கிறோம். நம்மைப் போன்றே உணர்வுகளையும், திறமைகளையும், அறிவையும் ஒருங்கே பெற்றவர்கள் தான் அவர்களும் என்பதை நாம் உணர வேண்டும். எனவே அவர்களைக் கருணையோடு பார்ப்பதைத் தவிர்க்க வேண்டும். மாறாக நாம் வெளியே செல்லும்போது அவர்களைப் பார்த்தால் அவர்கள் விற்கும் பொருட்களை வாங்கி அவர்களுக்கு உதவ வேண்டும். ஏனென்றால் அவர்கள் ஒவ்வொருவரும் ஏதேனும் ஒரு வேலை செய்து பிழைப்பவராகத் தான் இருப்பார்கள். அவர்களிடமிருந்து நாம் கற்றுக் கொள்ள வேண்டியது தன்னம்பிக்கை. உடல் ஊனமின்றி நல்ல

உடல்நலத்துடன் இருந்தும் பிச்சை எடுக்கக் கையேந்தி நிற்கும் எத்தனையோ மனிதர்களை நாம் அன்றாடம் பார்க்கிறோம். அவர்கள் மனதளவில் ஊனமுற்றவர்கள். மாற்றுத்திறனாளிகளால் முடியாதது ஒன்றும் இல்லை. அவர்கள் எத்தனையோ சாதனைகளைப் படைத்துள்ளனர். எடுத்துக்காட்டாக தமிழ்நாட்டைச் சேர்ந்த திரு. மாரியப்பனை சொல்லாம். அவர் ஒவிம்பிக் தடகளப் போட்டியில் தங்கம் வென்று இந்திய நாட்டிற்குப் பெருமை சேர்த்துள்ளார். நாம் அவர்களுக்குச் செய்ய வேண்டியது ஒன்றுதான். சாதிக்கத் துடிக்கும் அவர்களின் மனதிற்கு நம்பிக்கையுட்டுதல், உற்சாகப்படுத்துதல். இது அவர்களது சாதனைக்கு நல்ல ஊனமுறைகளை அமையும் என்பதில் ஜயமில்லை.

பி. ஜெயஸ்ரீ
ஒன்பதாம் வகுப்பு



பழமொழிகள்

1. காடு காத்தவனும் கச்சேரி காத்தவனும் பலன்டைவான்.
2. பூமியைப் போலப் பொறுமை வேண்டும்.
3. முளையில் கிள்ளாதது முற்றினால் கோடாலி கொண்டு வெட்டவேண்டி வரும்.
4. கேட்டதெல்லாம் நம்பாதே! நம்பியதெல்லாம் சொல்லாதே!
5. ஆரிசி ஆழாக்கானாலும் அடுப்புக்கட்டி மூன்று வேண்டும்.
6. கீறி ஆற்றினால் புண் ஆறும்.
7. பணக்காரன் பின்னும் பத்துப்பேர் பைத்தியக்காரன் பின்னும் பத்துப்பேர்.
8. பூ மலர்ந்து கெட்டது! வாய் விரிந்து கெட்டது!
9. தங்கம் தரையிலே, தவிடு பானையிலே.
10. வல்லவனுக்கு வல்லவன் வையகத்திலே உண்டு.
11. கனவில் கண்ட பனம், செலவிற்கு உதவுமா?
12. ண்ஹாக்கிலே இருக்கிறது நன்மையும், தீமையும்.
13. ஒளவை சொல்லுக்கு அச்சம் இல்லை
14. கிணற்றுக்குத் தப்பித் தீயிலே பாய்ந்தான்.
15. அன்பு இருந்தால் ஆகாததும் உண்டோ?

விடுகதைகள்

1. இடி இடிக்கும், மின்னல் மின்னும் , மழை பெய்யாது. அது என்ன? விடை: பட்டாசு
2. கொதிக்கும் கிணற்றில் குதித்துக் குண்டாகி வருவான் . அவன் யார்? விடை : பூரி
3. கறுப்பு நிறம் உடையவன், கபடம் அதிகம் கொண்டவன் கூவி அழைத்தால் வந்திடுவான், கூட்டம் சேர்த்தும் வந்திடுவான். அவன் யார்? விடை: காகம்
4. உணவை எடுப்பான், ஆனால் உண்ண மாட்டான். அவன் யார்? விடை: அகப்பை
5. காலையில் வந்த விருந்தாளியை மாலையில் காணவில்லை. அது என்ன? விடை : சூரியன்
6. கந்தல் துணியைக் கட்டியவன், முத்துப் பிள்ளைகளைப் பெற்று மகிழ்ந்தான். அவன் யார்? விடை: சோளக்கதிர்
7. கடல் நீரில் வளர்ந்து, மழை நீரில் மடியும் . அது என்ன? விடை: உப்பு
8. ஓயாமல் இரையும், இயந்திரமல்ல; உருண்டோடு வரும், பந்துமல்ல; அது என்ன? விடை: கடல்
9. காலையிலும் , மாலையிலும் நெட்டை, மதியம் குட்டை. நான் யார்? விடை : நிழல்
10. வெள்ளை ஆடை உடுத்திய, மஞ்சள் மகாராணி. அவள் யார்? விடை: முட்டை

அதிஃப் அஹமது
ஆஹாம் வகுப்பு



சிறுக்கை - தோராவும், சாராவும்

ஒரு ஊரில் தோரா என்ற ஒரு பெண் இருந்தாள். தனது அப்பா, அம்மா மற்றும் அண்ணன் அவர்களிடம் மிகவும் பாசமாக இருப்பாள். தோராவிற்கு நாய், பூனை, பறவைகள் மிகவும் பிடிக்கும். அவள் வீட்டில் பறவைகள் மற்றும் நாய், பூனையுடன் விளையாடுவாள். தோரா பள்ளிக்கூடத்திற்குப் போகும்போது, தினமும் அவள் அப்பாவிடமிருந்து காசு வாங்கி உண்டியலில் சேர்த்து வைப்பாள். பள்ளிக்குச் சென்றபின் தோழிகளுடன் உரையாடி, விளையாடி மகிழ்வாள். தோரா வகுப்பில் நன்றாகப் படிப்பாள். அவளுடைய தோழி சாராவும் நன்றாகப் படிப்பவள். பள்ளி முடிந்தவுடன், வீட்டிற்கு வந்து வீட்டுப்பாடங்களைப் படிப்பாள்.

அடுத்த நாள் பள்ளிக்குச் சென்றாள். அங்கே சாரா அழுது கொண்டிருந்தாள். ஏன் அழுகிறாய் சாரா? என்று தோரா கேட்டாள். அதற்கு சாரா என் அம்மாவிற்கு உடம்பு சரியில்லை, மருத்துவமனைக்கு அழைத்துச் செல்ல என்னிடம் பணம் இல்லை என்று கூறினாள். உடனே தோரா தன் உண்டியலில் இருந்த பணத்தை எடுத்துக் கொண்டு வந்து சாராவிடம் தந்தாள். இதை வைத்துக் கொண்டு அம்மாவை பார்த்துக்கொள் என்று கூறினாள். சாராவும் பணத்தைக் கொண்டு தன் அம்மாவைக் காப்பாற்றினாள். சாரா, தோராவைப் பார்த்து நீ செய்த உதவியை நான் என்றும் மறக்க மாட்டேன் என்று கூறினாள்.

‘ஆபத்தில் உதவுபவர்களே உற்ற நண்பர்கள்’, என்ற நீதியை அறிந்து கொண்டார்களா நண்பர்களே?

வருணிகா.தி

மூன்றாம் வகுப்பு ‘அ’ பிரிவு

அழுகுத் தமிழ் - கவிதை

தமிழ் என்றால்

அழுகு, ஆற்றல், இனிமை, ஈகை உவகை, ஊற்று, எழுச்சி, ஏற்றம் ஜக்கியம், ஒள், ஒங்காரம்,

ஓளடதம், அஃது, நம் தமிழ் மொழியே!

அன்னை தந்த தமிழ்

ஆதியில் பிறந்த தமிழ்

இணையத்தில் இயங்கும் தமிழ்

சுடில்லா அழுகுத் தமிழ்

உலகெங்கும் போற்றும் தமிழ்

ஊர் கூடி வியக்கும் தமிழ்

எங்கும் நிறைந்த தமிழ்

ஏறுநடை போடும் தமிழ்

ஜக்கியம் கொண்ட தமிழ்

உற்றுமை வளர்க்கும் தமிழ்

ஒங்கி வளர்ந்த தமிழ்

ஒளவை பாட்டுத் தமிழ்

அஃது எங்கள் தமிழ்மொழியே!

ச. மோனிஷ்

மூன்றாம் வகுப்பு ‘அ’ பிரிவு



‘मेरे पापा’ (कविता)

मेरे प्यारे पापा,
मेरे दिल में रहते पापा,
मेरे साहस और सम्मान हैं पापा,
पूरी करते हर मेरी इच्छा,
उनके जैसा नहीं कोई अच्छा,
मेरी छोटी- सी खुशी के लिए,
सब कुछ सह जाते हैं पापा,
मुझे सब खिलौने लाकर देते हैं पापा,
मुझे बहुत प्यार करते हैं पापा,
मेरे प्यार पापा।

‘हिंदीभाषा’ (कविता)

जन -जन की भाषा है हिंदी,
भारत की आशा है हिंदी,
जिसने पूरे देश को जोड़े रखा है ,
वो मजबूत धागा है हिंदी,
हिंदुस्तान की गौरव गाथा है हिंदी,
एकता की अनुपम परम्परा है हिंदी,
जिसके बिना हिन्दू थम जाए ,
ऐसी जीवन रेखा है हिंदी ,
सरल शब्दों में कहा जाए तो ,
जीवन की परिभाषा है हिंदी।

‘दोस्त का महत्व’ (कहानी)

अवनि छुट्टी की गर्मी में अपनी नानी के घर जाती है। वहाँ अवनि को खूब मजा आता है, क्योंकि नानी के यहाँ आम का बगीचा है। वहाँ अवनि ढेर सारे आम खाती है और खूब खेलती है। उसकी पाँच सहेलियाँ भी हैं, पर वह उन्हें आम नहीं खिलाती है। एक दिन की बात है, अवनि खेलते -खेलते गिर गई और उसे चोट लग गई। उसके दोस्तों ने उसे उठा कर घर पहुँचाया और उसकी मम्मी को चोट लगाने की सारी बात बताई। अवनि की मम्मी ने सब को ध्ययावाद दिया और उन्हें ढेर सारे आम खिलाए। अवनि जब ठीक हो गई तो उसे दोस्तों का महत्व समझ आ गया। अब वह उनके साथ खेलती और उन्हें भी खूब आम खिलाती। नैतिक शिक्षा - दोस्त सुख -दुःख के साथी होते हैं। उनसे कोई बात छुपानी नहीं चाहिए।

Anvita .M.sankratti.
Grade III 'A'

‘हाथी’ (कविता)

धम्मक- धम्मक आता हाथी,
धम्मक -धम्मक जाता हाथी,
जब पानी में जाता हाथी,
भर -भर सूँड नहाता हाथी,
कितने केले खता हाथी,
ये तो नहीं बताता हाथी।

Arohi,
Grade III'A'



SK.Laqueet Ahamad,
Grade -II'B'

‘नहें -नहें बच्चे’ (कविता)

हम नहें -नहें बच्चे हैं,
नादान उम्र के कच्चे हैं,
पर अपनी धून के सच्चे हैं ,
जननी की जय- जय गाएँगे,
भारत का ध्वज फहराएँगे।
अपना पथ कभी न छोड़ेंगे,
अपना प्रण कभी न तोड़ेंगे,
हिमत से नाता जोड़ेंगे,
हम हिमगिरि पर चढ़ जाएँगे,
भारत का ध्वज फहराएँगे।

हम भय से कभी न डौलेंगे,
अपनी ताकत को तोलेंगे,
साहस की बोली बोलेंगे ,
पग सदा आगे बढ़ाएँगे,
भारत का ध्वज फहराएँगे।

Prathana Priyadarshin,
Grade -III'A'

काश मैं वृक्ष होती (कविता)

काश मैं वृक्ष होती
वर्षों तक जीती रहती
बीते लम्हों को याद करते हुए
आगे के वक्त को देखा करती
काश मैं वृक्ष होती।

दुनिया में होती हर घटनाओं का
मैं उन सबका गवाह बना करती
दुनिया में होती हर महाभारत को
पितामह की तरह चुपचाप देखा करती
काश मैं वृक्ष होती।

मैं इस संसार के जीव- जगत की
परोक्ष रूप से सेवा करती
भूमि में लगे वृक्ष की तरह अंदर -बाहर
मनुष्य के भावों को देखा करती
काश मैं वृक्ष होती।

मनुष्य हैं शत्रु मनुष्य का
बनते हैं भागी पाप का
इन पापों का भागी न बना करती
काश मैं वृक्ष होती।

रिद्धि भारती (*Riddhi Bharti*)
Grade II



मेरी अध्यापिका, कितनी अच्छी
कितनी सुन्दर, कितनी प्यारी,
शिक्षा का है पाठ पढ़ाती।
सच्ची राह पर है चलना,
यह हमें सिखाती।

सर्वेश सचिन लादे

कक्षा - तीसरी 'अ'
(Grade-III 'A')

मेरा प्यारा स्कूल (कविता)

यह मेरा प्यारा स्कूल,
नहीं सकता मैं इसको भूल।
माँ ने मुझको जन्म दिया,
और दिया ढेर सारा प्यार।
स्कूल ने मेरा ज्ञान बढ़ाकर,
मेरा जीवन दिया संवार।
भारत विश्व में बनेगा अव्वल,
हर कोई जब शिक्षित होगा।

सर्वेश सचिन लादे

कक्षा - तीसरी 'अ'

(Grade-III 'A')

समय (कविता)

सूरज सदा समय से आता ,
और सदा समय से जाता।
चाँद सदा समय से आता ,
और सदा समय से जाता।
तारे सदा समय से आते,
और सदा समय से जाते।
सारी दुनिया का चक्कर ये प्रतिदिन ,
एक लगते।
है पाबंद समय के पल -भर ,
देर नहीं करते।
ठीक समय से सोते हैं या ठीक ,
समय से है जगते।
अगर समय की पाबंदी हम इन से ,
सीख कहीं जाएँ तो ,
फिर हम भी सूरज ,चाँद ,सितारों जैसे बन जाएँ।

Suryanshu
Grade- III 'B'

विनूत का मित्र और स्कूल

मेरा नाम विनूत है।
प्रणित मेरा मित्र है।
हम दोनों एक ही कक्षा में पढ़ते हैं।
प्रणित एक परिश्रमी बालक है।
उसे विज्ञान का विषय बहुत पसंद है।
हमारे शिक्षक बहुत ज्ञानी हैं।
वे हमें अच्छी देते हैं।
हमारी गलतियों पर हमें माफ कर देते हैं।



विनूत
Grade -III 'B'

TEACHERS CORNER

Importance of Early child hood

It is well known that brain development of young ones is greatly affected by early education. Children learn best when they are not pushed hard and when they are given space for creativity. This is proved to be very helpful for a child's higher education. Giving your children special attention before elementary school helps in giving them a head start for their future. In early childhood education children will gain the social, emotional, physical and cognitive development which are needed for a child to have a better future. The young mind is like a sponge. It has the potential to absorb a great deal of information, making it important for children to have guidance while learning. The benefits which the children gets from the early childhood education will be socialization, co-operation, holistic development, Enthusiasm for lifelong learning, value of education, respect, teamwork, resilience, concentration, patience, confidence and self-esteem, Brain development and exposure to diversity. Parents who understands the importance of childhood education can make a positive impact in on their child's learning ability. The role of the parents is to provide encouragement, support and access to activities that enable the child to master key developmental task. A parent is the child's first teacher and should remain the best teacher throughout his/her life.



By,

Kavitha S
KG Co-ordinator

A Mind in the making

Children are the assets of our Nation. Our children of today are leaders for tomorrow. No matter how we word it, let's talk to them not at them. Although education is a very important weapon to prepare children for their future roles as leaders of the community, it is the prime responsibility of each and every person to develop various skill likes Focus and Self-Control, Perspective-Taking, Communication, Making Connections, Critical Thinking, Self-Directed, Engaged Learning.

Children thrive on schedules, habits, and routines, which not only create a feeling of security, but also help children learn self-control and focus. This can be achieved by talking to the child about what to expect each day and organizing our home so that the child knows where to put their belongings. We live in a noisy, distraction-filled world, so quiet activities like reading a book, enjoying sensory activities, or completing a puzzle together can help the child slow down and increase focus.

Thinking about another's point of view doesn't come naturally to most children, but it can be developed by Discussing characters' feelings and motivations in the books we read, and Make observations about how others are feeling.

Children need high-touch personal interactions every day to build healthy social-emotional skills, including the ability to understand and communicate with others. While the pace at which they develop these skills may vary, children need to learn how to "read" social cues and listen carefully. They must consider what they want to communicate and the most effective way to share it. Just talking with an interested adult can help build these skills. Spend time every day listening and responding to your child without distractions.

True learning, occurs when we can see connections and patterns between seemingly disparate things. The more connections we make, the more sense and meaning we make of the world. Young children begin to see connections and patterns around them. Simple acts, such as choosing clothing appropriate for the weather, helps them build connections.

We live in a complex world in which adults are required to analyze information and make decisions about myriad things every day. One of the best ways to build critical thinking is through rich, open-ended play. Make sure your child has time each day to play alone or with friends. This play might include taking on roles (pretending to be fire fighters or super heroes), building structures, playing board games, or playing outside physical games, such as tag or hide-and-go-seek. Through play, children formulate hypotheses, take risks, try out their ideas, make mistakes, and find solutions—all essential elements in building critical thinking.

One of the most important traits we can develop in life is that of resilience—being able to take on challenges, bounce back from failure, and keep trying. Children learn to take on challenges when we create an environment with the right amount of structure—not so much as to be limiting, but enough to make them feel safe. Encourage your child to try new things and allow reasonable risk, such as climbing a tree or riding a bike. Offer a new challenge when they seem ready, Focus more on effort than achievement,

A child who loves learning becomes an adult who is rarely bored in life. To encourage a love of learning, try to limit television and encourage plenty of reading, play, and open-ended exploration. Model curiosity and enthusiasm for learning in your own life by visiting the library together, keeping craft supplies, making games available, and allowing for some messes at home.

Let us make the childhood days memorable for the children!!



By,

S. Kodhai
Senior co-ordinator

கற்பித்தல் ஒரு புனிதப் பயணம்

‘எழுத்தறிவித்தவன் இறைவன் ஆவான்’, என்று கூறுவார்கள். இந்த உலகில் பிறக்கின்ற மனிதன் கல்வியறிவு பெறாவிடில், அவன் வாழ்வில் பல நலன்களை அறியாது போகிறான். ‘என்னும் எழுத்தும் கண்ணெனத் தகும்’ என்று ஒளவையாரும், ‘கேடில் விழுச்செல்வம் கல்வி ஒருவற்கு’ என்று வள்ளுவப் பெருந்தகையும் கல்வியின் இன்றியமையாமையை எடுத்துரைக்கின்றனர். அத்தகைய கல்வியினைப் போதிக்கின்ற ஆசிரியர்கள் போற்றுதலுக்குரியவர்கள். இருண்டு கிடக்கும் மாணவர்களின் மனதில் ஒளிவிளக்காய், அவர்கள் வாழ்க்கையின் ஏணிப்படிகளாய், மாணவர்களின் இலட்சியங்களைத் தங்கள் கனவுகளாக தோளில் சுமக்கும் ஆசிரியர்களின் கல்விப்பயணத்தைப் புனிதப்பயணம் என்று கூறுவது பொருத்தமே. ஒரு சமுதாயம், அறிவார்ந்த சமுதாயமாக இருக்கின்றதென்றால் அதற்கு அர்ப்பணிப்பும், நற் சிந்தனையும் கொண்ட ஆசிரியர்களே காரணமாக இருக்க முடியும்.

உலகத்தில் எத்தனையோ தொழில்கள் இருந்தாலும் கல்வி போதிக்கின்ற ஆசிரியர்களுக்கு முக்கியத்துவமும், மரியாதையும் வழங்கப்படுகின்றது. ‘தாமின் புறுவது உலகின் புறக் கண்டு காழுறுவர் கற்றறிந்தார்’ என்கிறார் திருவள்ளுவர். அதாவது தாம் பெற்ற இன்பம் பெறுக இவ்வையகம் என்பதற்கிணங்க தாம் கற்ற கல்வியை

மற்றவர்களுக்குச் சொல்லிக் கொடுக்கும் ஆசிரியர்கள் தமக்கென வாழாத சமூகத்தின் முன்னோடிகள். ஒரு நல்ல ஆசிரியர், பலன் தரும் விருட்சத்தைப் போல மாணவர்களின் அறிவுக்கண்களைத் திறந்து அச்சந்ததியை வாழ்வித்த புண்ணியத்தை செய்கின்றார். ஒரு மனிதன் பிறக்கலாம், இறக்கலாம். ஆனால் அவன் சொல்லிச் சென்ற கருத்துகளும், கொள்கைகளும் என்றைக்கும் இறவாது என்பதை மெய்ப்பித்திருக்கும் கலாம், நமது மேதகு அப்துல்கலாம் அவர்களும் ஆசிரியரே. எனவே இச்சமூகத்தின் ஆகச் சிறந்த வழிகாட்டிகள் ஆசிரியர்களே என்றால் அது மிகையல்ல.

இன்று கல்வி மாணவர்களை மையப்படுத்திய சுயகற்றல் வழியாக இருப்பதால் மாண்ர்களுக்கு ஆசிரியர்கள் மீதான மரியாதை குறைந்து வருகிறது. அவர்கள் தவறான பாதையில் பயணம் செய்யத் தொடங்கியுள்ளனர். இது சீர்கேடான சமூகக் கலாச்சாரத்திற்கு வித்திடும் என்பது மறுக்க முடியாத உண்மை. ‘குரு இல்லாத வித்தை பாழ்’ என்பது ஆன்றோர் வாக்கு. வருங்காலத் தலைமுறைகளை அறியாமை இருளிலிருந்து வெளிச்சுத்திற்குக் கொண்டு வரும் ஆசிரியப்பணி மகத்தானது. இத்தகைய அறப்பணியை மேற்கொள்ளும் ஆசிரியர் சமுதாயத்தின் வழிகாட்டி. ‘மன்னனுக்குத் தன் தேசமல்லால் சிறப்பில்லை ஆனால் கற்றோர்க்குச் சென்றவிடமெல்லாம் சிறப்பு’ என்னும் சிறப்பு வாய்ந்த கல்வியைக் கற்றுக்கொடுக்கும் ஆசிரியர்களின் புனிதப்பயணம் சிறக்கட்டும்! தலைமுறைகள் வளர்ட்டும்! வாழ்க பாரதம்!

திருமதி. சஜாதா.எம்.ஏ.பி.எட்
தமிழாசிரியை



Badge of pride

We are alive and we can take it as a pride to be abundantly blessed by the almighty for this narrow escape from the obligate parasite.

They say stars are present in the sky even in the day but they shine only in the night when it is dark. In the same way, pre covid though the school was good in every possible way, it is giving one of the bests in this crucial dark phase, balancing academics as well as co curriculum in the online platform.

As normal human beings, we the teachers would have had numerous thoughts causing chaos and confusion in our minds but we deal with children and so we pulled up our socks, put a wide smile and entered online classes saying this too shall pass.

This crucial stage which is one of the darkest phases is a test for every aspect of life.

And we can proudly take a badge, pin it up saying we did great in the test and hope we continue to do the same, we are striving hard so that the quality of education doesn't go for a toss, the co curriculum is never compromised, the best out of the teachers are brought without an excuse, we are able to conduct online events to bring out the talents of students without hesitating.

Now we can happily and proudly give a badge to ourselves that the first newsletter for the academic year has been published without giving this pandemic as an excuse.

Pandemic is just one more word and we never gave up or let it overpower our capability. Surely the school and its people can proudly say that they are the example for the students to have unremitting efforts standing with the badge of pride.

Nandhini S
Primary Teacher



Environment

A healthy environment supports growing and nurturing the living and non-living things on the earth. The existence of our healthy life depends on the environment which maintains nature's balance. A clean environment is essential for a healthy living. It is our responsibility to keep our environment clean. Wind, water, plants, animals, humans are elements of environment. Without environment any kind of life is impossible.

Man-made environment greatly impacts our natural environment. In the same way a child's development depends on its environment. Childhood is the important phase for overall development throughout the lifespan. Early childhood is the most intensive period of brain development.. Parents and families need to support to provide right environment for early child development.

Maintaining a very good environment at home is very important. To maintain a good environment, it requires lot of concentration and hard work. Children learn through thinking, listening, using senses, having fun etc. Therefore an environment is to be created that will allow the skills to develop.

A healthy environment will create healthy young minds which will be beneficial for child and the country.

By,
Akhila Sivaram
Kindergarten Faculty

शिक्षा महत्वपूर्ण क्यों है ?

शिक्षा हमारी मूलभूत आवश्यकता है। इसके बिना हमारा जीवन अधूरा है। मनुष्य में इंसानियत केवल शिक्षा के माध्यम से ही जगाई जा सकती है। हमारे समाज में अशिक्षित व्यक्ति को पशु के समान ही समझा गया है। शिक्षा एक ऐसा साधन है, जो मनुष्य की पशुता को मिटाकर उसे जीवन जीना सीखती है। शिक्षा से ही मनुष्य के मजित्षक का समग्र विकास हो पाता है। शिक्षा ग्रहण करने के बाद हमें समाज में बोलने, जीने और रहने का ज्ञान होता है। इसीलिए तो शिक्षा को किसी भी व्यक्ति

के व्यक्तित्व के निर्माण में सबसे अहम माना जाता है। दुनिया में शिक्षा ही एक ऐसी चीज है, जिसे हर कोई ग्रहण करना चाहता है और अपने बच्चों को देना चाहता है। चाहे वह अमीर हो या गरीब।

सभी चाहते हैं, कि उनका बच्चा शिक्षा ग्रहण कर एक अच्छा इंसान बने। हमारे समाज में शिक्षित व्यक्ति की एक अलग ही पहचान और स्थान होता है। शिक्षा हर आदमी का प्रथम और जन्मसिद्ध अधिकार है। शिक्षा सामाजिक, आर्थिक, तकनीकी, राजनीतिक और बौद्धिक विकास का माध्यम है। यह मनुष्य में दक्ष (कौशल) का निर्माण करती है। जिसके माध्यम से मनुष्य अपना जीवन यापन करता है। कहा जाता है कि दुनिया में शिक्षा ही एक ऐसी चीज है। जो बॉटन से घटती नहीं बल्कि और बढ़ती है। हमारे समाज में एक बच्चे को शिक्षा देने की शुरुआत सबसे पहले उसके माता-पिता के द्वारा ही की जाती है। इसीलिए तो हमारे देश में माता-पिता को प्रथम गुरु का दर्जा दिया गया है। इतना ही नहीं बल्कि बच्चे को संस्कार देने का काम परिवार वाले ही करते हैं। शिक्षा के माध्यम से जीवन के बड़े-बड़े मुकाम और सपनों को हासिल किया जा सकता है। हम शिक्षा के बिना अधूरे हैं। आज के आधुनिक युग में अच्छा जीवन यापन बिना शिक्षित हुए नहीं किया जा सकता है। आदिम से लेकर आधुनिक युग तक का सफर शिक्षा के माध्यम से ही संभव हो पाया है, क्योंकि इस बीचजो भी विकास हुआ शिक्षा से ही हुआ है।

यह बात अलग है कि प्राचीन और आधुनिक शिक्षा व्यवस्था में धरती-आसमान का फर्क है। प्राचीन समय में हमें गुरुजनों के द्वारा केवल आध्यात्मिक और शारीरिक शिक्षा ही दी जाती थी। परंतु अब हमें तकनीकी, सामाजिक, प्रायोगिक इत्यादि कई प्रकार की शिक्षा दी जाती है। यह बात भी सत्य है कि, शिक्षित व्यक्ति हमेशा अपने जीवन के पथ पर आगे बढ़ता रहता है और उसे अवश्य सफलता मिलती है। जबकि अशिक्षित अपनी अज्ञानता के कारण जीवन के पथ से भटक जाता है और उसका जीवन बेकार हो जाता है। वैसे भी हमारे समाज में अशिक्षित व्यक्ति को पशु के जैसा ही माना जाता है।

समय के साथ-साथ शिक्षा के अधिकार का दायरा बढ़ा है, क्योंकि प्राचीन और मध्यकालीन दौर में महिलाओं को शिक्षा के अधिकार से वंचित रखा गया था। परंतु अब महिलाएँ भी शिक्षा हासिल कर बड़े-बड़े पदों पर अफसर बन रही हैं। वह हर क्षेत्र में पुरुषों के कंधे-से-कन्धा मिलाकर काम कर रही है, यहीं तो शिक्षा की ताकत है। आज के वर्तमान समय में शिक्षा ही व्यक्ति के भविष्य को तय करती है कि किस व्यक्ति का भविष्य कैसा होगा। शिक्षा मनुष्य को मानसिक रूप से मजबूत बनती है। आज आधुनिक समय में लोग कला की शिक्षा जैसे-खेलकूद, नृत्य, संगीत इत्यादि हासिल कर अपना केरियर बना सकते हैं। सबसे बड़ी बात तो यह है कि हम आज के आधुनिक युग जो तकनीकों से भरा हुआ है। बिना शिक्षा हम इस की कल्पना तक नहीं कर सकते हैं।

“सा विद्या विमुक्ते” अर्थात् विद्या वह है जो हमें बंधनों से मुक्त कर अपना कर्तव्य निभाना सिखाए। शिक्षा मनुष्य की शक्तियों का विकास करती है। विद्या को सबसे बड़ा अस्त्र माना जाता है, क्योंकि इसके माध्यम से बड़ी-बड़ी समस्याओं को भी सुलझाया जा सकता है। अतः शिक्षा मानव जीवन के लिए महत्वपूर्ण है।

श्रीमती कविता यादव,



Technology

Technology adoption in the classroom has increased over the past two decades. Interactive whiteboards, tablets and laptops are all replaced the chalkboards, textbooks and desktop computers of the traditional classrooms.

Technology plays a vital role in education during this pandemic situation. We are learning innovative things in our day to day life. Teachers have created a new path, in their teaching methodology by using technology.

During this Pandemic situation, many of us developed our skills in Art, Craft, cooking, learning new things. Many of us has completed certificated courses, like coding, learning new languages through online using technology.

"Technology will never replace great teachers but technology in the hands of great teachers is transformational".

Yes, technology has the ability to enhance relationships between teachers and students.

Technology helps to make teaching and learning more meaningful and fun even we are far away.

Today teachers and students have access to hundreds of thousands of apps, videos and online courses designed to enhance the learning experience. Technology creates an ample opportunities all around the world in education. So, let us embrace the technology for the betterment and let's hope for the best in the upcoming days!!!

Hemavathi,
Primary teacher

PARENT CORNER

Education @Pandemic

The saying goes "Life is all about Evolution". One of the biggest evolutions our generation is lively witnessing, is the one caused by this Pandemic which has impacted every living being in this globe, making us evolve. Education has been disrupted & has forced schools and teachers to find new ways to depend on technology to impart wisdom.

While changes were beyond peoples' comfort zone, necessities forced embrace it and open new avenues. Teachers, students, Parents who once were alien to online platforms started their journey together to explore & learn.

Children who once disciplined their school life and enjoyed the company of their friends are now befriending gadgets to kill their boredom or improvise skills. They had to adopt this new normal which doesn't bring the child in them.

Teachers who were proficient in their subjects had to learn new skills, multitask by remotely managing toddlers who were excited with the new gadgets, impart them knowledge and discipline, on top of sacrificing their individual personal space, as classroom enters their home. They had to be extra cautious and alert on structuring their classes with the new trend of parents attending classes with their children. Undoubtedly, they are one of the warriors in this pandemic who needs to be highly acknowledged.

We appreciate the VMPS team who apart from regular classes did not dilute other activities like contests, celebrations, PTM, regular tests and most importantly keeping the young minds active with all extra-curricular activities. Thanks for going that extra mile to make online education at par to regular school.

By, Achuthan Nair
Parent of Sachit Achuthan, Grade 4

Join hands for Carbon Neutral and Freedom from Carbon footprints

Climate change is the biggest challenge now in front of humans and is already having wide-ranging consequences for human health, the environment and economies. The climate change is affecting the ecosystem with extreme weather conditions such as drought, heat waves, heavy rain, floods, landslides, rising sea levels, ocean acidification and loss of biodiversity. Carbon footprint is the amount of greenhouse gases, primarily carbon dioxide and methane which are released into the atmosphere by a particular human activity. To solve the problem of climate change, we all need to take account of our personal carbon emissions and make continued efforts to reduce them ourselves. Carbon neutrality means having a balance between emitting carbon and absorbing carbon from the atmosphere. In other words, carbon neutrality refers to achieving a net-zero carbon dioxide emissions. This can be done by balancing the emissions of carbon dioxide with its removal or by eliminating emissions from society. Another way to reduce emissions and to pursue carbon neutrality is to offset emissions made in one sector by reducing them in somewhere else. The global average carbon footprint for a person is now about 4 tons per year. If we want to avoid global warming, we all need to strive to get it under 2 tons by 2050. By making small changes to our actions, like using cycle instead of car or bike for shorter distance, drying our clothes under sun instead of machines etc. we can start making a big difference. Activities like Increasing forest area, reducing of conventional fuel vehicles, Conserving energy by using higher energy star rated (efficient) appliances, Rainwater harvesting etc. will help to reduce carbon footprints in large scale.

Women

Women are the real Architects of the society with the help of Men for sure.

God gave women ,intuition and femininity, the best combo, said Farrah fawcett, yes it is true.

There is nothing more beautiful than a confident women.

A confident Women is more powerful, wonderful and looks beautiful.

Achieving gender quality within our generation lies in partnership.

A successful woman is the one, who can build a firm Foundation with the bricks that others have thrown at her .

"I am a woman phenomenally, phenomenal woman that's me" is a beautiful meaningful sentence for sure.

The future is equal -

Free from stigma,

Stereotypes,

Harmful gender norms,

Violence against women and girls

Better with women at the table.

Educating a generation of leader is also more important.

Women plays an important role in the society as a baby,child,girl,lady and turn into a women after stepping up more in her life,Isn't it an achievement!!!Yes...that is.....

I guess at the end of the day a woman must be appreciated, respected with more love and kindness beautifully.

Thank you,

M.Arulmozhi

Parent of S. Monish – Grade III A

Incredible Moments of India - Tokyo 2020

Seventeen days of sports came to an end with memorable closing ceremony. Bajrang Punia, who finished with a Bronze Medal at Tokyo Olympics in Men's Freestyle Wrestling event was the flag bearer for India at closing ceremony at Tokyo. With seven medals, one Gold, two silver and four bronze -Tokyo 2020 has been the most decorated Olympic Game's in our India's history.

For the first time ever, India won a medal on day one of Olympic Games. It came from Saikhom Mirabai Chanu. She bagged silver in Women's weightlifting. PV Sindhu becoming the only female athlete to win multiple Olympic Medals. Lovlina Borgohain has got Bronze in Women's boxing in her debut appearance at Olympics. Similarly, Ravi Kumar Dahiya, won silver medal for Wrestling on his Olympic debut. Being the only Indian Wrestler with three world championship medals to his name, Bajrang Punia delivered once again with Bronze medal.

Another unforgettable, historic moment is when our Men's Hockey team won bronze medal. The most successful nation in the history of the Olympic Hockey competition had waited 41 years for a medal in the sport. When India won an Olympic medal in hockey last time, no member of their current team might have actually born. A long wait. But the wait ended in sensational style.

Medal number seven at Olympics Tokyo was like heaven for India. What a way to finish Tokyo 2020 tour. Neeraj Chopra has ended a 121 year wait for an Olympic medal of any color in Athletics for India. When he hurled the javelin into the sky- he had actually sent our nation to the moon, as India won Gold medal for Men's Javelin Throw.

We narrowly missed a medal in Women's Hockey and Women's Individual Golf. Both Women's Hockey team and Indian golfer, Aditi Ashok finished fourth at 2020 Olympics. They have not got medals, but they gave their best throughout the series. No doubt, this reflects the spirit of New Young India. These girls are going to inspire and motivate next generation girls and give confidence to girl's parents to let them play sports.

Finally, I cannot finish this write up, without mentioning about this historic moment happened at Tokyo2020 in Olympic High Jump with two men sharing the Gold Medal. It was shared between Italy's Gianmarco Tamberi and Qatar's Mutaz Essa Barshim. Both athletes ended with jumps of 2.37m and had no failed attempts until they attempted to clear 2.39m. When an Olympic official first offered them a jump-off to decide the winner, Barshim asked him, "Can we have two golds?". What an emotional scene to cherish. The victory of this Gold Medal was celebrated not just between two countries but by each and everyone as their own victory because it was medal for Sportsmanship, Friendship and above all Humane.

Eagerly waiting for Beijing 2022,

Udhaya Rajkumar
Mother of Oviya Suchindran II B & Ilakiya Suchindran I A